

# The Hand Book of 5's

Panchtantra  
of  
Health.





02173





## ***5 Users Of this Book***

It is meant for:

1. Health workers
2. Teachers
3. Community leaders
4. Youth
5. You

02173

CH101

COMMUNITY HEALTH CELL  
326, V Main, I Block  
Koramangala  
Bangalore-560034



## *5 ways of using this book*

As:

1. A source material for health teaching/learning.
2. Source material for posters.
3. Reminders for health workers.
4. Discussion points for women's community gatherings.
5. As a family guide.

## *5 points about NOW, the Publisher*

1. It is a women's organisation.
2. It is a registered non-profit organisation.
3. It reaches out to women who seek new opportunities.
4. It brings out publications on women and children.
5. It employs unskilled women to mass mail important information.

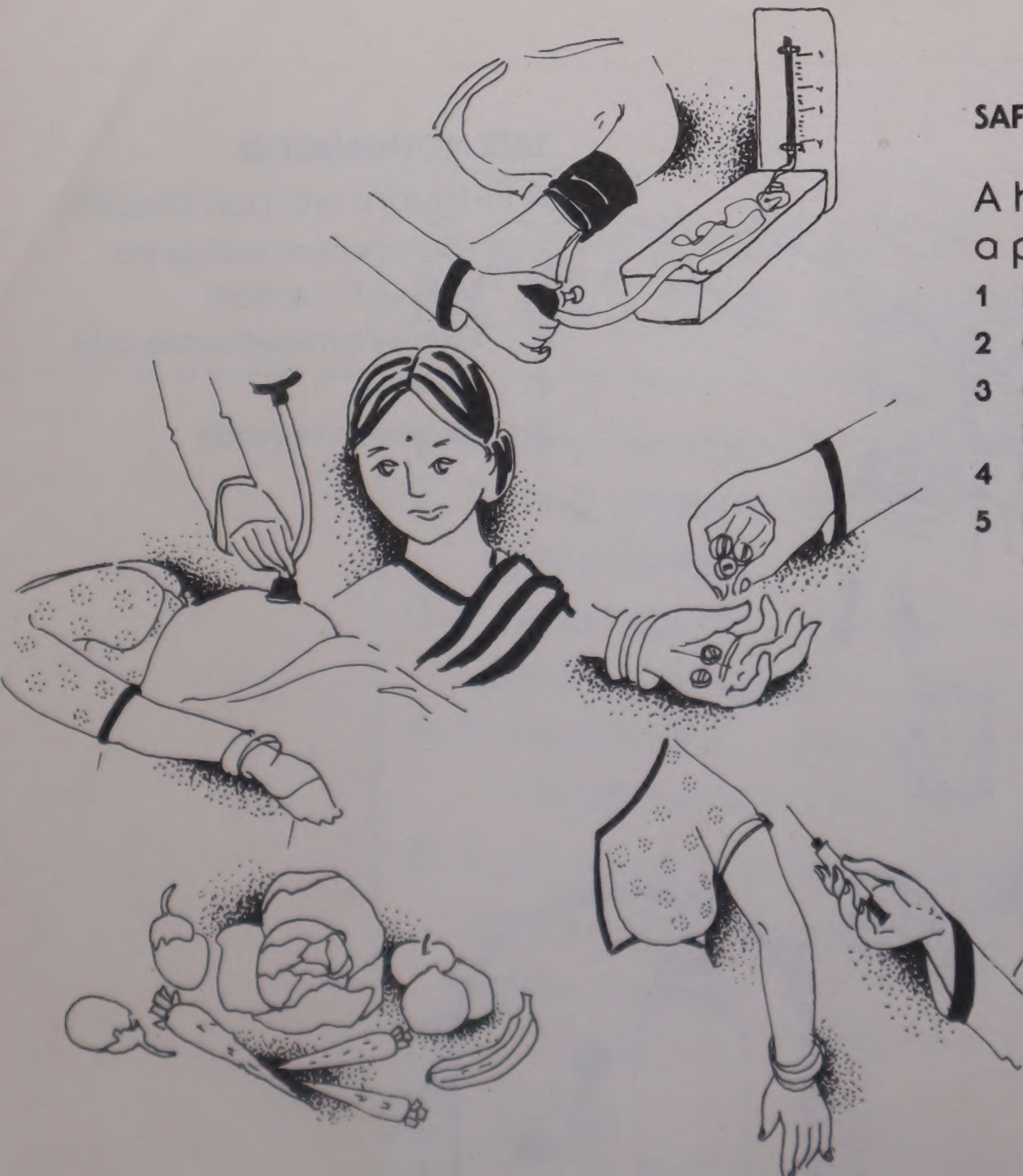


## SAFE MOTHERHOOD

A Pregnant woman should

- 1 Visit the nearest health centre
- 2 Take two T.T. injections
- 3 Eat more for herself and her child
- 4 Rest more
- 5 Take iron and folic acid





## SAFE MOTHERHOOD

A health centre examining a pregnant woman should

- 1 Do a physical check up and assess risk factors
- 2 Check high blood pressure
- 3 Give iron folic tablets to prevent anaemia
- 4 Give two TT injections
- 5 Give advice on diet in pregnancy and breast feeding





## SAFE MOTHERHOOD

Remember, these mothers are at risk

- 1 Too young (under 18)
- 2 Too old (above 35)
- 3 Too thin (weighing less than 40 kgs)
- 4 Too short (less than 140 cms)
- 5 With too many children (more than 4)



## SAFE MOTHERHOOD

### 5 Danger Signs in pregnancy

- 1 Bleeding from vagina
- 2 Severe headache
- 3 Severe vomiting
- 4 High fever
- 5 Swelling of arms, face or legs

**Go to the nearest health centre/hospital**





## SAFE MOTHERHOOD

### 5 Questions to ask a pregnant mother about a previous delivery

- 1 Did the baby weigh less than 2 kgs at birth?
- 2 Was it a Caesarean delivery?
- 3 Was it a premature baby?
- 4 Was there a miscarriage?
- 5 Was the previous delivery less than 2 years ago?

**If the answer is yes to anyone of these questions —  
Remember the mother is at risk**

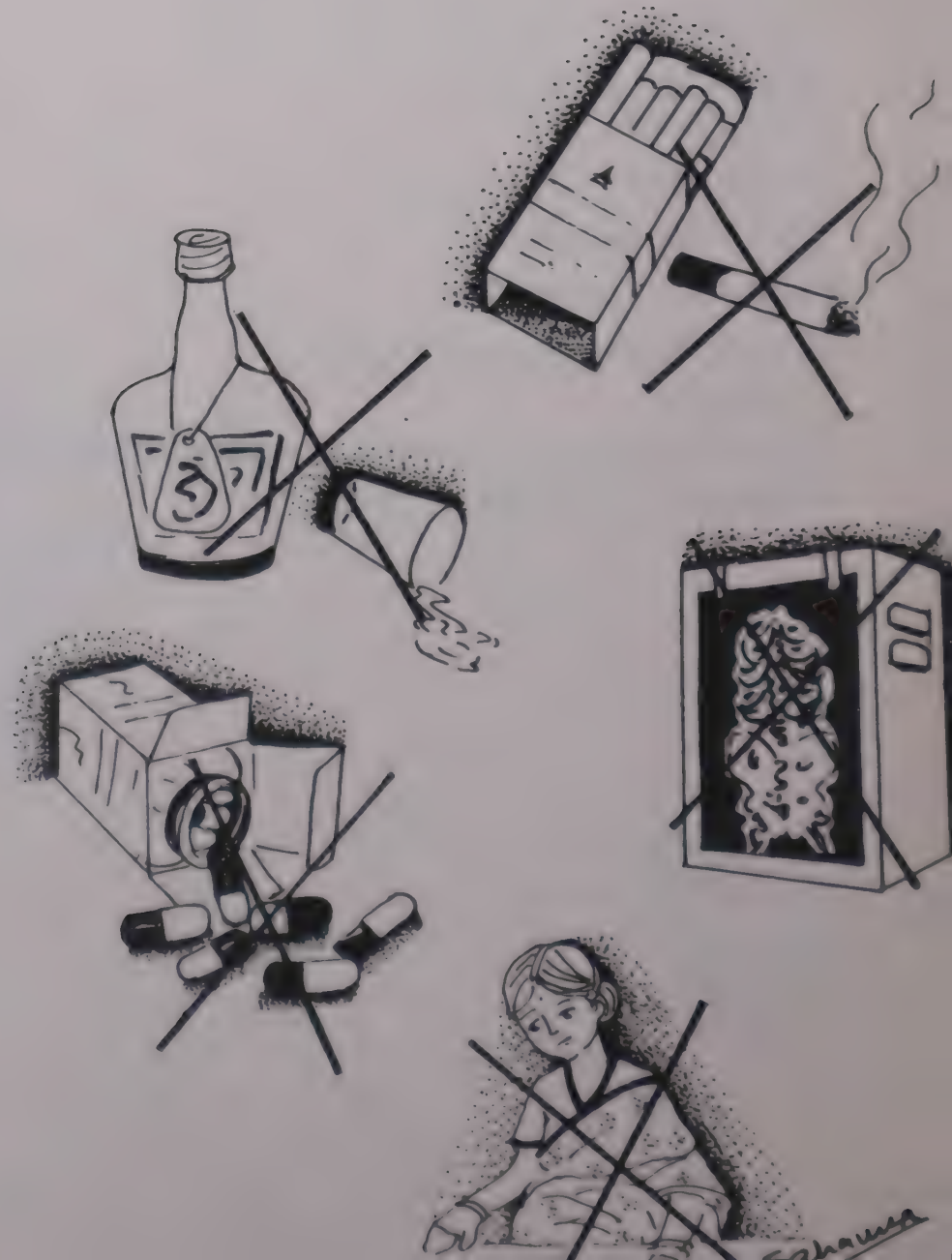


## SAFE MOTHERHOOD

### 5 Nos during pregnancy

- 1 No alcohol
- 2 No smoking
- 3 No medicines\*
- 4 No X-rays
- 5 No fasting

\* Except on certain conditions under strict advise of the doctor.

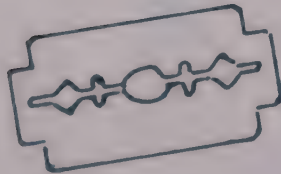




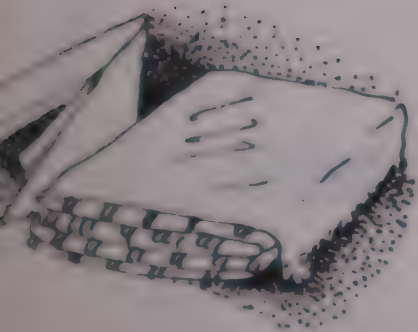
# SAME MOTHERHOOD

## 5 Items in a Delivery Kit

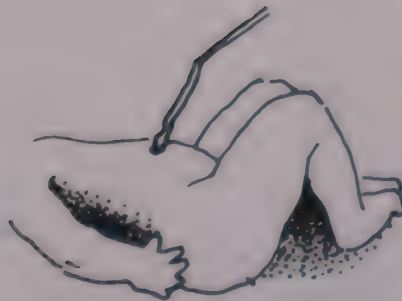
A new razor blade



Soap/alcohol/  
gentian violet



Clean towel/plastic sheet



Cord ties



Cotton balls/gauze



## TIMING OF BIRTH

### 5 Needs of Today's Girls

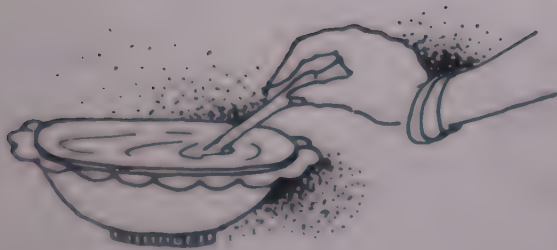
- 1 More food
- 2 Better health facilities
- 3 More information/knowledge
- 4 Delayed marriage
- 5 Delayed 1st pregnancy



## TIMING OF BIRTH

A second birth too soon –  
What happens to the older child

- 1 Breast feeding stops
- 2 Mother has no time to prepare special foods for the child
- 3 Mother has no time to care when ill
- 4 Gets less attention
- 5 Fails to grow and develop



CH101

02173

COMMUNITY HEALTH CELL

326, V Main, I Block

Koramangala

Bangalore-560034

India

## TIMING OF BIRTH

A birth too soon—

What happens to the Newborn

- 1 May be born too early
- 2 May be underweight
- 3 Less likely to grow adequately
- 4 Likely to fall ill often
- 5 Four times more likely to die in the first year of life





# Infant Feeding

## Guide to Infant Feeding



1st month Breastmilk



2nd month Breastmilk



3rd month Breastmilk



4th month Breastmilk



5th month Breastmilk and other soft foods



## BREAST FEEDING

### Breast feeding—5 keywords

- 1 All Mothers can breastfeed
- 2 BEST breast milk is the best possible food
- 3 EARLY Start in the first hour of birth
- 4 As OFTEN as possible
- 5 NEVER bottlefeed

## BREAST FEEDING

### The best food for an Infant

- 1 Breast milk
- 2 If breastfeeding is not possible, mother's milk squeezed from breast
- 3 If mother's milk is not available, breastmilk from another mother
- 4 If breast milk is not available, non human milk from a clean cup
- 5 If no milk is available, any home-based soft food





## INFANT FEEDING

5 bits of Feeding advice for the 2nd half of infancy

- 1 Continue BREASTMILK
- 2 Feed at least five times a day
- 3 ADD small amount of extra fat oil or ghee in child's food
- 4 VITAMIN A (leaves, vegetables and meat)
- 5 EXTRA meals after every illness



## CHILD CARE

### 5 Questions on a Child who is ill

- 1 Is the child eating frequently enough?
- 2 Does the child get enough energy from his meals?
- 3 Is the child frequently ill?
- 4 Is the child given enough Vitamin A?
- 5 Does the child often refuse to eat?



## CHILD CARE

As often as you can

- 1 Touch and hold your child
- 2 Talk to your child
- 3 Smile at your child
- 4 Laugh with your child
- 5 Respond to your child and get a response from your child

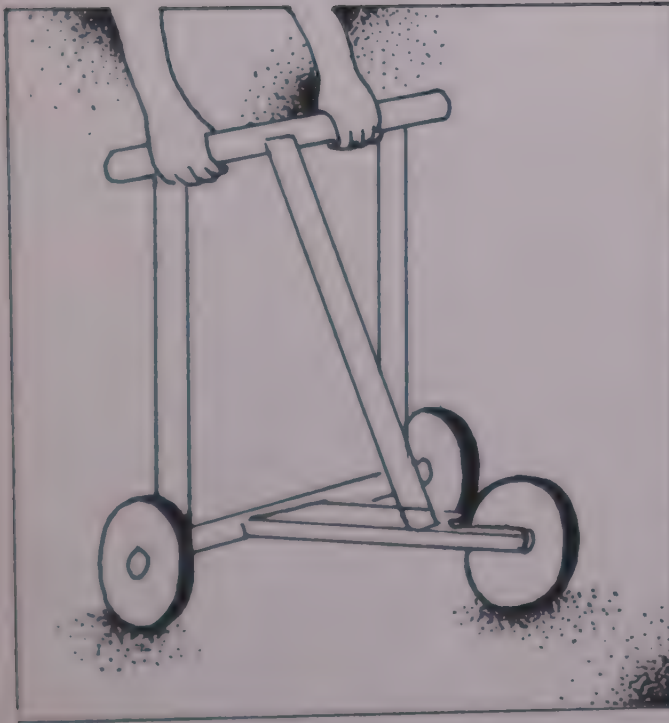




## EARLY STIMULATION

### 5 Foods for the mind of a child

- 1 Your attention
- 2 Play
- 3 Toys
- 4 Songs and Rhymes
- 5 Praise/Recognition



## IMMUNISATION

### 5 Things to tell every PARENT on IMMUNISATION

- 1 Why immunise the child
- 2 When to start immunization
- 3 Where to immunise
- 4 How many times
- 5 When should the parent come next



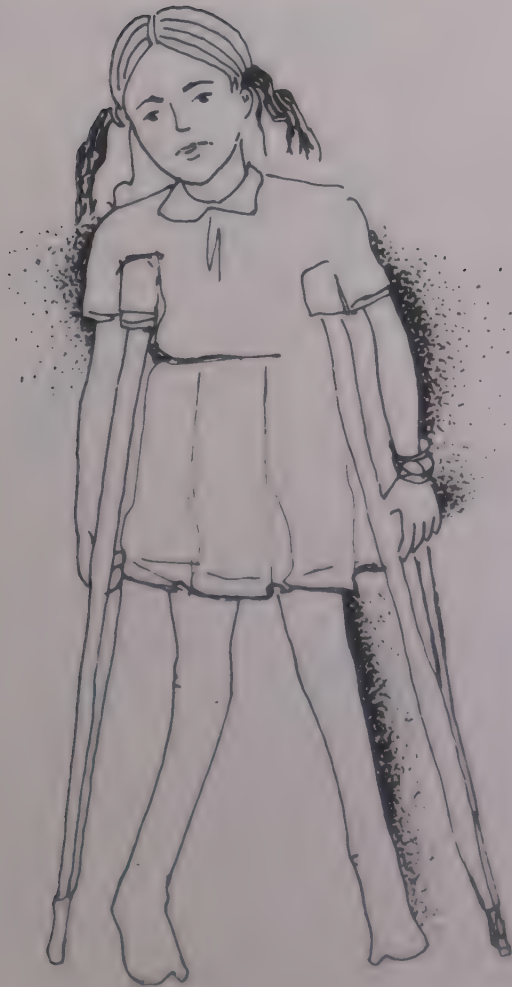
## IMMUNISATION

### 5 Big Killers of Children

- 1 Diarrhoea
- 2 Pneumonia
- 3 Measles
- 4 Tetanus of the new born
- 5 T.B.







## 5 Childhood Disablers

- 1 Polio
- 2 Vitamin A Deficiency
- 3 Iodine Deficiency
- 4 Dangerous Delivery Practices
- 5 Accidents

## IMMUNISATION

5 Times to immunise a child  
in the 1st year

- 1 At birth or soon after (BCG)
- 2 At the age of 1 1/2 months  
At DPT/Oral Polio
- 3 At the age of 2 1/2 months;  
(DPT/Oral Polio)
- 4 At the age of 3 1/2 months  
(DPT/Oral Polio)
- 5 At 9 months (270 days)  
(Measles)

### IDEAL IMMUNISATION SCHEDULE

#### FOR THE PREGNANT WOMAN:

Early in pregnancy	T.T. - 1, Injection
After one month	T.T. - 2 or T.T. Booster, Injection

#### FOR THE CHILD:

At Birth:	B.C.G. Injection
At 1 1/2 Months:	D.P.T.-1 Injection and O.P.V. 1, Dose
At 2 1/2 Months:	D.P.T.-2 Injection and O.P.V. 2, Dose
At 3 1/2 Months:	D.P.T.-3 Injection and O.P.V. 3, Dose
At 9 Months:	Measles Injection
18-24 months	Booster Injection Dose of D.P.T. and O.P.V.

02173

CH101

COMMUNITY HEALTH CELL

316, V Main, 1 Block

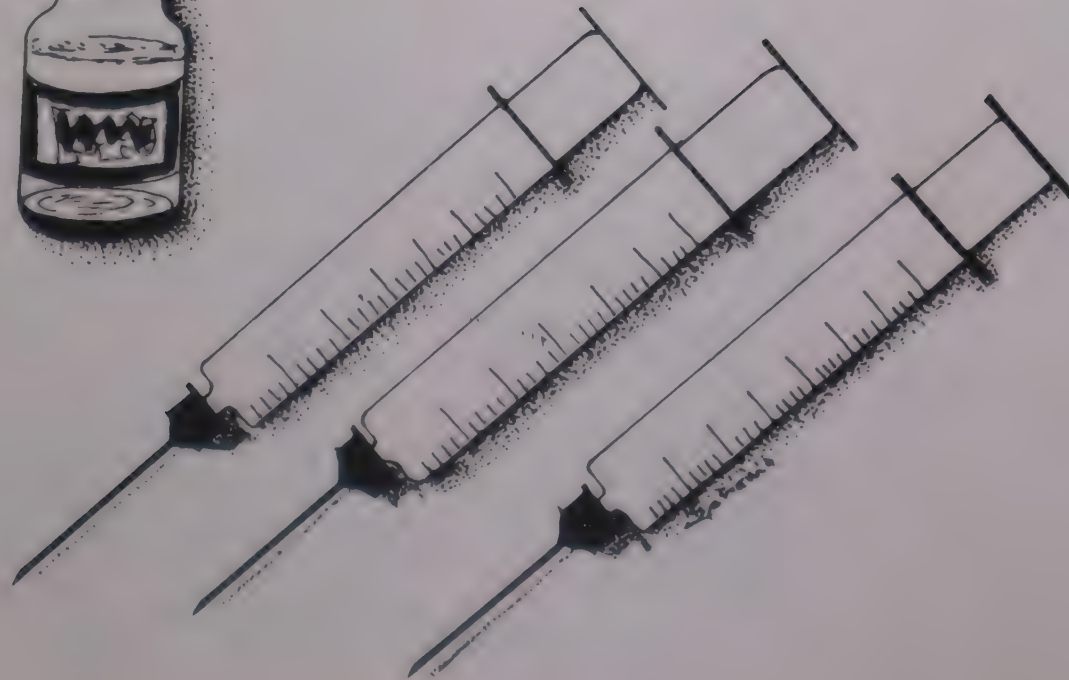
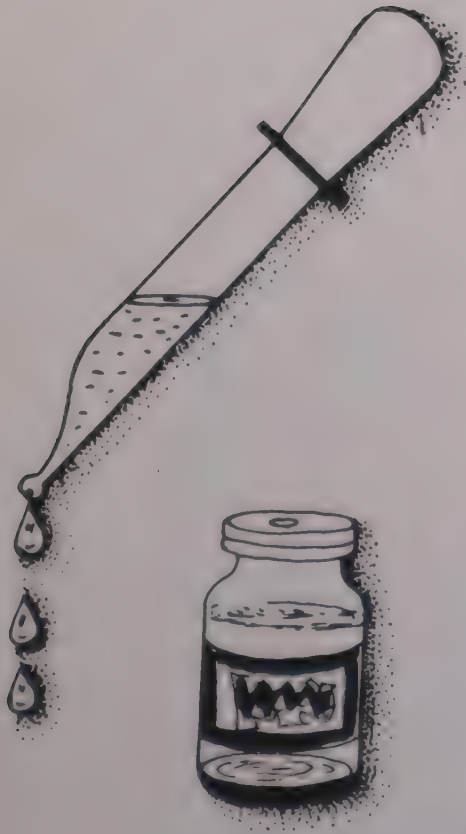
Koramangala



## IMMUNISATION

The 5 vaccines for mother and child

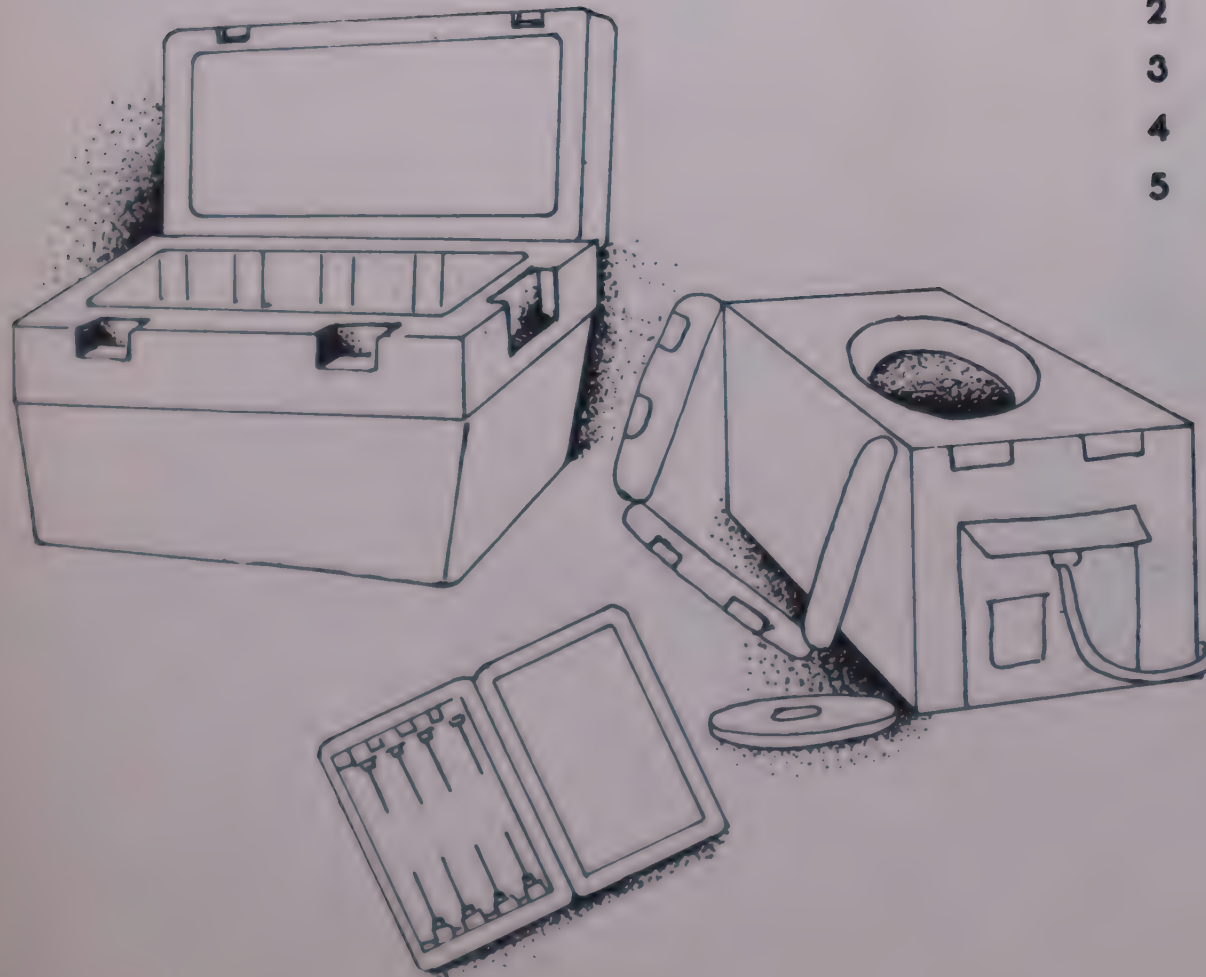
- 1 BCG
- 2 DPT
- 3 TT
- 4 OPV
- 5 Measles



## IMMUNISATION

### 5 Elements of a Cold Chain

- 1 Walk-in-coolers
- 2 Deep freezers
- 3 Refrigerators
- 4 Cold Boxes
- 5 Vaccine Carriers



## DIARRHOEA

5 things mothers should do about Diarrhoea

- 1 Recognise abnormal stool
- 2 Take action at home by giving frequent fluids.
- 3 Recognise signs of dehydration
- 4 Recognise severe dehydration
- 5 Seek medical help





## DIARRHOEA

### The Packet 5's

Every mother should be able to:

- 1 Know about ORS Packet
- 2 Procure ORS packet from Health Centres
- 3 Prepare solution correctly
- 4 Administer ORS adequately
- 5 Go to Health Centre if Diarrhoea persists



## DIARRHOEA

5 signs and symptoms of moderate Dehydration.

- 1 Watery Stool
- 2 Listlessness
- 3 Loss of appetite
- 4 More than three stools a day
- 5 Sunken Fontanelle in infants





## DIARRHOEA

5 signs and symptoms of Severe Dehydration.

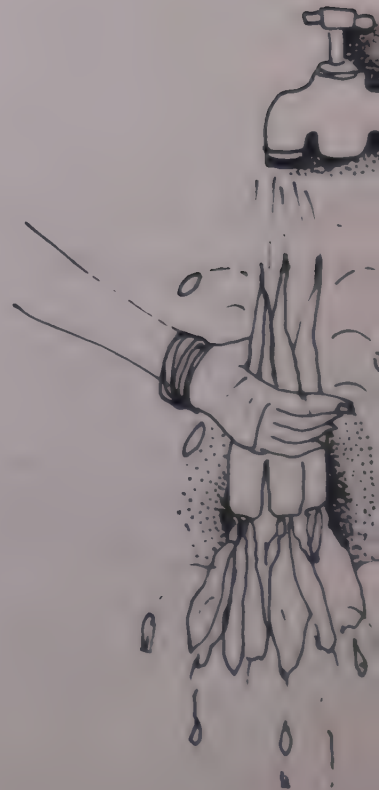
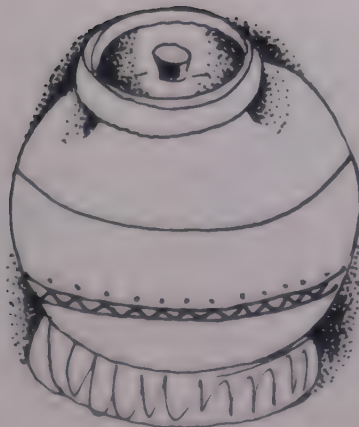
- 1 Sunken eyes
- 2 Dry skin and mouth
- 3 Diarrhoea and vomiting
- 4 Sunken fontanelle
- 5 No urine for more than 6 hours



## DIARRHOEA

### Diarrhoea: Prevent-5's

- 1 AVOID feeding bottles/rubber/plastic soothers
- 2 KEEP drinking water covered
- 3 DISCARD stale old food
- 4 WASH vegetables before cooking
- 5 WASH and/or PEEL fruits

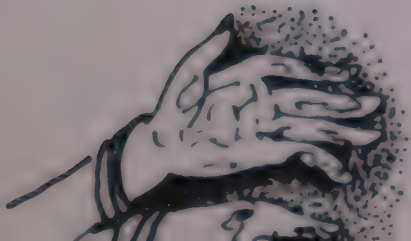




## DIARRHOEA

### Diarrhoea: The Germ – 5's

- 1 Feeding bottles
- 2 Uncovered stale food
- 3 Dirty Water
- 4 Stool
- 5 Unwashed hands



## DIARRHOEA

### The Hand- 5's Wash Hands

- 1 Before preparing food
- 2 Before feeding children
- 3 Before serving food
- 4 After passing stool
- 5 After cleaning a child's bottom

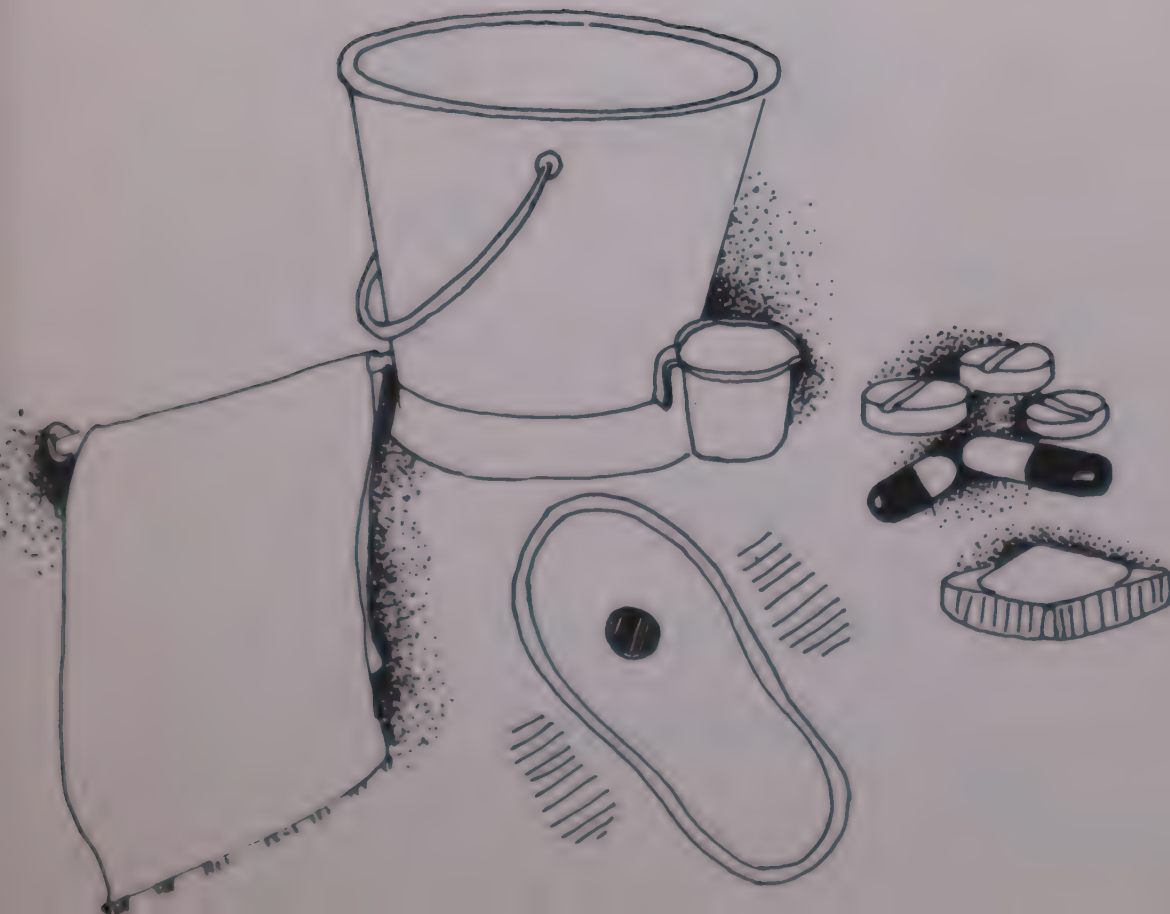




## DIARRHOEA

### Clean -5's

- 1 Use water
- 2 Use soap
- 3 Use latrine
- 4 Use towel
- 5 Use Chlorine tablets



# DIARRHOEA

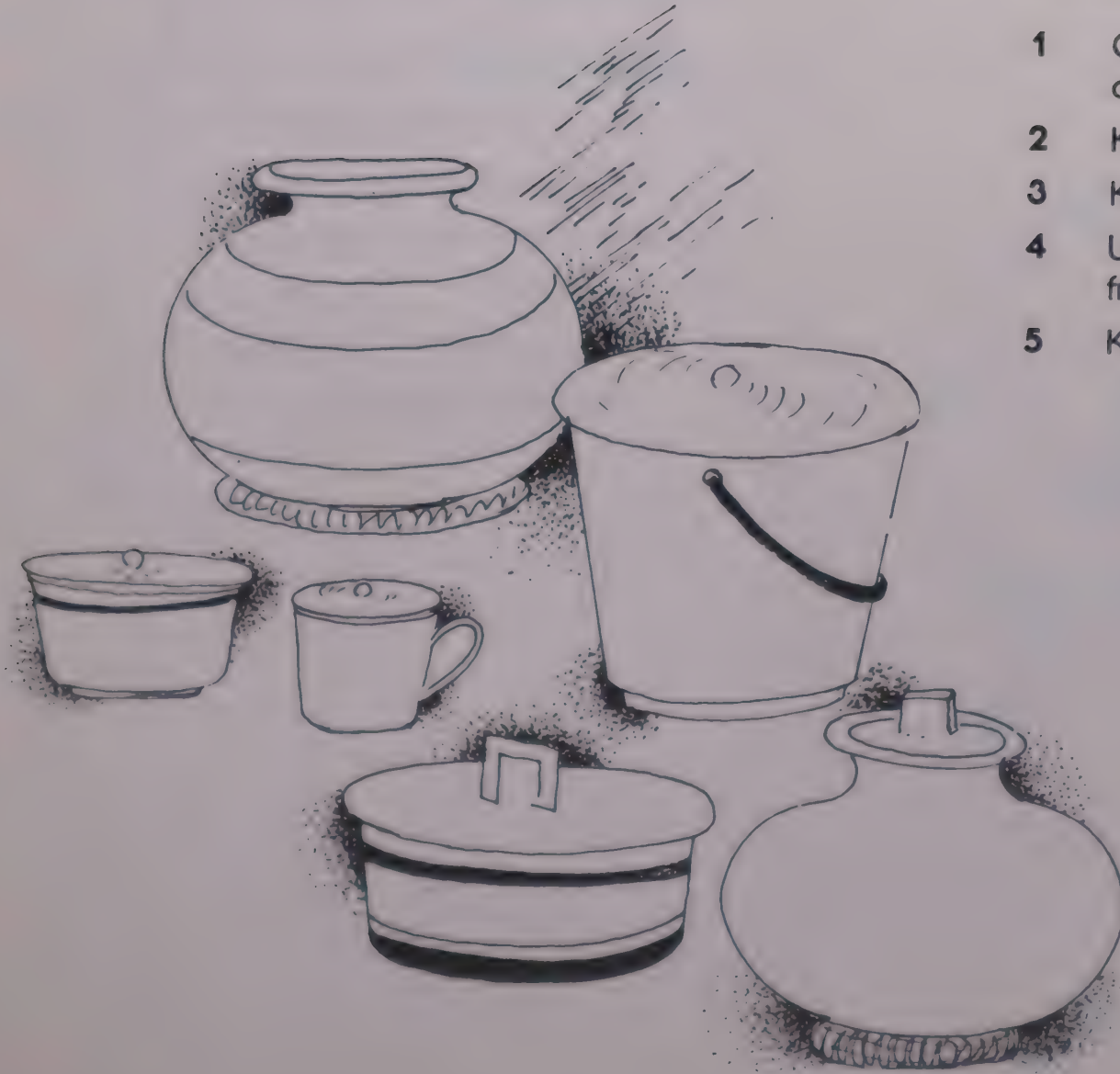
## The Warm - 5's

- 1 Cook your food thoroughly
- 2 Eat your food warm, soon after cooking
- 3 Reheat kept food before eating
- 4 Keep kitchen surfaces clean
- 5 Cover food, keep it away from flies and rats



## DIARRHOEA

- 1 Cover wells and protect other water sources
- 2 Keep ropes, buckets, jars clean
- 3 Keep water in clean covered container
- 4 Use a clean ladle to take water from a container
- 5 Keep animals out





## ACUTE RESPIRATORY INFECTION (ARI)

### Coughs/Colds: The danger signs

- 1 Rapid breathing more than 50 per minute
- 2 Chest in-drawing
- 3 Unable to drink anything
- 4 High fever
- 5 Severe persistent cough and rapid breathing



## ACUTE RESPIRATORY INFECTION (ARI)

### 5 Things to do when your child has fever

- 1 Continue feeding
- 2 Give plenty of fluids
- 3 Wrap child lightly
- 4 Clean the child's nose and help in breathing
- 5 Good ventilation

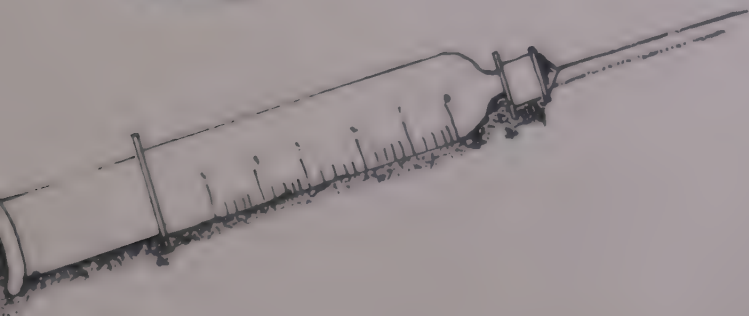




## ACUTE RESPIRATORY INFECTION (ARI)

### 5 Preventive steps for Pneumonia, Coughs, Colds

- 1 Breastfeeding of children under one
- 2 Nutritious food
- 3 Vitamin A
- 4 Immunization of child (DPT and measles vaccine)
- 5 Stay away from crowded places







## MALARIA

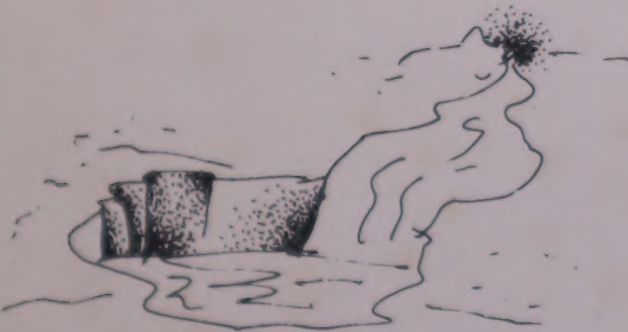
### Malaria: 5 Precautions

- 1 Use Mosquito nets
- 2 Use Mosquito coils
- 3 Use Screens on windows, doors
- 4 Take Prophylactic doses of Chloroquine
- 5 Keep neighbourhood clean

## MALARIA

- 1 Protect yourself from mosquitoes
- 2 Destroy larvae
- 3 Fever test for malaria
- 4 Fluids for recovery from malaria
- 5 Chloroquine





## MALARIA

### 5 Battles: The Mosquito War

- 1 Spread anti-larval oil on ponds/swamps
- 2 Drain places where water collects
- 3 Fill pits
- 4 Empty tins and cans
- 5 Clean up neighbourhood









